

QC

FASHION:

Glamour and quest for
LGBTQ rights unites Regina
drag queens **P. 2**

DAY TRIPS:

Music and hockey: A
match made in heaven at
Bruno Pickers' Cup **P. 18**

INNOVATIONS:

Find your tribe with
musician's marketing-
savvy podcast **P. 20**

SPECIALIZING IN EVERYTHING

FROM MEDICINE TO
FUNDRAISING TO
EXPLORING THE WORLD,
DR. PAUL DHILLON
TAKES LIFE IN HUGE DOSES **P. 4**



FREE

FASHION

Do you get geared up to go to the gym?
Send a photo to QC@leaderpost.com

#SASKATCHEWAN STYLE

Diverse drag queens embrace glamour

By Ashley Martin

By her side: Avaughna Sanoir and Jenny Talia have pretty decent drag queen styles.

Their reasons differ too. Talia loves the creativity while Sanoir didn't just enter drag for the fun of it.

"It was a bit of walk back then," says the 29-year-old queen.

The drag subculture is about giving back to the community through charitable donations and businesses, raising awareness of LGBTQIA rights and creating a safe space. Those noble efforts haven't come without sacrifice.

"[We've] been hit, broken, struck. We've seen the whole evolution of the gay rights," says Sanoir. "We used to always travel in packs."

It's some a long way safer for wear and fashion-wise. The glam queen started moving over to include more out there artists.

Talia believes glamour unites them all.

"Like a fantasy that you can live for a while," she says. "It's exaggerated glamour and reinvention of glamour is different from someone else's idea of glamour."

AVAUGHNA SANOIR

Gowns and crowns

Sanoir is an old school drag queen. At age 60 her style is here to stay.

"I do want the odd odd thing and shooed a few people, but my comfort level is high alert."

She loves the process of looking on-camera. "For me that's always been the challenge. People will walk by me and not know who I am."

1 MAKEUP: MAC Cosmetics. "The old girls we always paint for the back row so you can see us. Up close, not pretty."

2 HAIR: "The two best bedrooms of our house is nothing but drag. This is probably 20 wigs. I still have wigs from when I started."

3 JEWELRY: Custom from Toronto. Earrings are hand on for support.

4 CORSET: "It's very uncomfortable...it just makes the clothes fit better."

5 GOWN: Usually buys dresses while travelling or online. Sometimes buys local. "That's the changing table...25 years ago you didn't go into a dress shop. It just didn't happen."



JENNY TALIA

Artistic and androgynous

Talia embraces androgyny on a daily basis — as a 30-year-old trans, she wears women's corsets and corsets a punk.

In drag, she sometimes kept her beard as part of an ensemble.

"The world is moving towards a focus on trans rights. Gender is that boundary that's still needing to be pushed."

1 HAIR: Wig is supported by a lot of "invisible" tape. "I've used wedding veil glue, as well as it really needs to hold."

2 CONTACT LENSES: Online.

3 MAKEUP: Stage makeup and MAC Cosmetics. Jewels are from a craft store, stuck on with nail glue.

4 TATTOO: "It's pink and blue, and it represents the duality of gender, male and female characteristics within the same person."

5 SHOULDER PADS: Sourced up looking pads from Spirit Creek.

6 KIMONO: Homemade, decorated with pieces of a disco ball.

7 SHOES: Heels. "They have a larger sole than a lot of shoe stores."

6 LEGS: Denim tight

7 SHOES: Usually buys shoes while travelling or online

QC PHOTOS BY MICHAEL BELL

INDEX

ON THE COVER P. 4



Dr. Paul Dhillon splits his time between rural medicine and international aid. QC PHOTO BY MICHAEL BELL.

TABLE OF CONTENTS

FASHION — 2

Games and quest for LGBTQ rights unites Regina drag queens

COVER — 4

Paul Dhillon splits rural medical service with inter national aid work and adventures

READ MY BOOK — 6

IN THE CITY — 10

QC's best shot of the week

PARENT TO PARENT — 12

Do you play favourites with your children? How do you ensure they're all treated equally?

INVENTORY — 13

Eccentric collectibles at HC Coms

EVENTS — 16

DAY TRIPS — 18

Music and hockey. A match made in heaven at Bruno's Rinks Cup

CROSSINGS/STUDIOS — 15

INNOVATIONS — 20

Musicon launches marketing savvy podcast to help others find their tribe

OUTSIDE THE LINE — 21

Artist Stephanie McKays weekly colouring creation

GARDENING — 22

Flowers for poor love

SHARP EATS — 24

The vegetarians have spoken and people are listening

ON THE SCENE — 25

At the Ultimate Women's Show

WINE WORLD — 26

Chocolate and Madras perform Valentines Day commissions

MY FAVOURITE PLACE P. 11



Annette Rosewood and her daughter Miranda outside the now-closed Papa John's coffee shop. Staff here welcomed their new owner Annette to Regina several years ago. QC PHOTO BY TRACY FUSCO

QC COVER PHOTO BY MICHAEL BELL

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief.

For advertising inquiries contact 781-6521; editorial 1-855-688-6557; home delivery 781-6521.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must obtain the permission of the owner of the copyright. For more information contact the editor at 1-855-688-6557.

ON THE COVER

We take for granted here, if you're pregnant, call an ambulance, an ambulance will come.

— Paul Dillion

MEDICINE

Doctor appreciates province's small-town feel

By Ashley Martin,
with files from
Andrew Matte

A first-generation Canadian, a doctor, an author of fiction, a world traveller, a volunteer, a Range Rover enthusiast and a debt-ridden student. What do those people have in common?

Paul Dillion knows.
He's all of those people.

The 38-year-old was born in Victoria, B.C., to parents from India. He studied medicine in Ireland, where he wrote his first novel. Taking advantage of a graduate's 80-per-cent flights, he travelled to more than 60 countries during his seven years in Dublin.

When he moved to Saskatchewan for a residency at the General Hospital in 2011, he got involved in the Rotary Club of Regina Qu'Appelle, through which he fundraised \$20,000 for Rukhs Witham Borders in Kamunda, Zambia. He won the program in return during 30 days in December, parking his beloved sport utility vehicle in a friend's driveway.

He has now resumed medical studies during a three-month visit in London, travelling about tropical medicine and adding to his \$200,000 student debt load.

He's a well-rounded guy to be sure. His Rotary Qu'Appelle colleague Scott Yare calls him "incredible."

"It's so hard. He's got so many things on the go," says Yare.

"It's a lot of juggling his career that don't make you feel too joyful and you're happy for him," he adds with a laugh.

And he's got a lot of stories. Like when he climbed the Khyber Pass in Afghanistan, an area that is still ruled by tribal chiefs. Or when he met the pelt during a Peruvian Geronzo.



Dr. Paul Dillion with his Range Rover — which doubled as a storage container while he worked in rural Saskatchewan — at the Pasqua Hospital. (COURTESY OF PAUL DILLION)

Dillion doesn't remember driving out of becoming a doctor as a child. Growing up in Timmins, Ont., he did work in mining, then in the saw-

mill. Then at the last place? His mom became an elementary school teacher. Today he's a candidate and ethic. But back then, not so.

"I was a chubby little kid. I got picked last for everything." When he went to the University of British Columbia, he enrolled in

the co-ordinated science program. It wasn't the super geeks in the province, but it was the real geeks. People who worked hard but weren't

brilliant," he says with a laugh. But he hated working in a job, he didn't want to be a scientist. Continued on page 8



**REWARDS
FOR YOU!**
when you license your pet.

The **Leader-Post** has teamed up with the **City of Regina** to bring an exciting rewards program to pet owners who license their dogs and cats.

Responsible pet owners will receive a **My Pet Matters Card** following the purchase or renewal of their pet license. With the **My Pet Matters Card**, you can more than recover the cost of pet licensing through the discounts on products and services offered by our participating retailers.

In addition to the benefits of the **My Pet Matters** program, licensing your pet also ensures the direct return home of your lost pet. If someone is available to receive it. Should you not be home, they be taken to a safe shelter where you will be able to pick them up at no charge.



LEADER-POST

Visit www.petmatters.ca for a complete listing of licensing locations and available REWARDS!

It's awesome. I love it. I've seen more of Saskatchewan since I started working, and I love little small-town stuff.
—Dillon



Paul Dillon went to Zimbabwe in December to see firsthand the results of the Rotary Club of Regina's donation to Helen Winkler School. Submitted photo

Even now "I'd rather deal with the big picture. I didn't get full-time looking at one at a time. If I were a cardiologist, they only deal with the heart. I don't think I'd be happy."

He loved working with people. But when he finally admitted to wanting to be a doctor, it was reluctantly so.

"In India, it's a doctor, engineer, scientist, whatever."

"I tried to say it to anyone because coming from an inner-city background, you're known, you're the only son for like eight generations back, you're carrying the family name, so there's that weird kind of pressure about doing something."

But before applying to medical school, to which he wasn't accepted in Canada, Dillon did an exchange program with Canada World Youth. He spent three months living in Rio de Janeiro, N.B., and then went to Cuba.

He also completed a political science degree out of interest, even running for MLA in Delta South in 2001, getting a whopping 150 votes as an independent, but "realized I wanted to keep my feet and not go into politics."

After Dillon was refused to USC medical school, an acquaintance encouraged him to apply to Ireland. He got in, to the Royal College of Surgeons, at an annual cost of \$3,000 Euros.

"I never would have gotten where I am today without the Royal Bank of Canada and their professional student line of credit," Dillon acknowledges.

He did his internship at New York. His first

visit to the city was paid with travel points from his dad's credit card. He left with love. I Heart NY T-shirts — one for each parent and his two sisters, Jay and Jenny — and soon had an offer to school.

He removed his head from the books after completing his second year in Ireland. That's when Dillon discovered those cheap flights and realized his love of travel. He visited more than 40 countries during the rest of his years living in Ireland. Today the number is more than 60.

On many of those vacations he'd explore medicine. He learned about the forensic aspect of mass graves in Yugoslavia. He met a cardiologist in a near empty Yemeni hospital.

"It's cool in medicine because I think no matter where you are in the world, everyone has this sort of similar socialization of you're a doctor so you're going through the same process."

After graduating with a bachelor of medical degree in surgery and obstetrics, he went on to return to Canada for residency training to specialize in family medicine. He wasn't accepted, so he interned for another year in Ireland and continued his studies, receiving a certificate in surgical science and a diploma in obstetrics and gynaecology.

He also found time to write his first book of "fiction." Dillon based on his life "Time to Retire" with the goal of donating proceeds to four different charities he'd worked with during medical school.

Sears®
outlet

Sears Quality...Outlet Prices...Everyday.

NEW ARRIVALS DAILY

Huge Selection of Family Fashions
Major Appliances, Furniture, Mattresses

UP TO 70% OFF 1000s of Items arriving daily



SEARS OUTLET STORE | 1908 7TH AVE. REGINA

Mon to Fri, 9-10am to 9pm Sat, 9am to 6pm Sun & Holidays, 11am to 5pm

Saskatchewan, we just got STARS air ambulance. If you're in a remote location, you can call them, they'll come pick you up. Well, they don't even have vehicles or ambulances (in Karanda, Zimbabwe). If we didn't supply bikes, they wouldn't have those either. — Scott Yule



With the \$20,500 Paul Dillion helped raise, Bikes Without Borders was able to supply the Karanda Mission Hospital in Zimbabwe with 150 bicycles and two bicycle ambulances. GUARANTEED PHOTO

Dillion was given a chance of Western Ontario and Regina as residency income. He had a better interview in Regina and thought it sounded like a better opportunity.

Moving here in 2011 was only the second time he'd been to the city. The first was in 2006 to visit a friend who lived here. He visited the Great Sas (hills) — "you're just driving along and then you're in the desert. It's amazing" — and ate buffalo steak on a ranch.

He moved in June 2011, just weeks before starting his residency.

"I didn't know about how Saskatchewan was booming. I was like 'I'll just show up a week before and get upset.' Just a cheap place, doesn't matter."

He did a police ride-along to get a feel for the city and found an apartment in Uplands, straight down Whangarua Street from his new workplace, the General Hospital.

Dillion learned to appreciate his new city big with a small-town feel.

"One week around or you go to

Griffiths and you (relocate) someone after a very short time here."

Not that he had much time for that. An 88-hour work week, plus studying, becomes a "reasonable" expectation. The idea of working a 9-to-5 Monday to Friday job seems ludicrous.

The city's small-town feel extended to the medical world. The doc in Regina understood still what would town Saskatchewan is like.

When he finished his residency in June last year, Dillion started prac-

tising family medicine, meeting the great demand in rural areas.

He worked in Melfort — his base-out dog, where he saw 10 patients — Preeceville, Puna, Poucepune, Puna, 400 Apple and Weyburn, as a family doctor and working as an emergency on-call. Being on for 24 hours is tough. But he appreciates the pay. Plus, the work allows him to explore the province.

"It's awesome. I love it. I've seen more of Saskatchewan since I started working, and I love little small towns still."

"I always wanted to work rural so I'm getting paid really well to have fun."

It might be different if it were his full-time job.

"Never being able to sleep without worrying about a phone call, having to go on. That definitely drives you. I think I'm still young enough where it doesn't bother me too much. If I was doing that for 20 years, you'd be exhausted."

But at this point, Dillion says he doesn't feel he's worked that much. Continued on Page 8

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

*** MARSHA OLIVIA MEADOWS**

Memories bring Jessica to life

I am here, Ms. Marshia Olivia Meadows, to introduce you to myself and my first fiction novel. As a child, I was a fan of books.



Marshia Olivia Meadows

As a child, I was a fan of books. I have always lived on the Prairies and continue to do so. My chosen career, of all over the 30-year mark, let me enjoy work day and with people of all

ages and walks of life.

It was during those years that I absorbed their adventures and trials and tagged those in my mind to help me with my lifelong dream of writing a novel. I have now tossed the old notes and memories around and mailed them in a new life to create the story of Jessica. A story written in fiction but based on truths acquired from many persons who have grown up with their memories and allowed me to hear their stories.

Jessica's Perception tells the tale of a young girl growing through her home crossing her own personal protection. She has many hardships to go through and no one to really talk to about the way much of life comes upon her and often because for her in an era where children were seen and

not heard, her protective mechanism in most degraded upon. Her life was sufficed with various people and those who held themselves apart from young Jessica and her family being they were the somewhat poor country folk.

At times Jessica finds small ways of getting back at some of the unkindness and other times she regresses into her own self just to make the day. Maybe some of the actors that befell her were not meant to be portrayed that way but maybe she is right in her judgement of the pain she feels due to the guiding ways of those about her.

Will she be able to protect herself with the shield she created? Will she remain a kind person or perhaps grow to be a someone herself?

During my years with the public I have come to know that many people hold their pains within themselves in all sorts of forms. Some never find the person they trust enough to speak of their anguish. Many retreat into a shell and only wish they were not so alone. They will wear a face for the world to see which resembles the mask of a clown. The mask shows little emotion so they are alone with their own pains that must never be spoken of.

Jessica's Perception is the first of a trilogy I have wanted to tell a story of a journey and with others child as she grows through the same such happenings. If only one such person reads the trilogy and comes to realize they are not alone, I will be honored. This book is available at McNally



Bookstore in Saskatoon, and is available for order through Amazon and Indigo. Also available on Kindle.

ONE CALL DOES IT ALL!

Re-Sale • New Homes
• Condo • Mortgage
• Re-location

Janine Wilson
306-537-3200



CHARTERED REALTY



1811 LUTON
\$329,900
MLS® 464303



4821 WILCO CRESCENT
\$249,900
MLS® 464347



1725 WOOD STREET
\$249,900
MLS® 464346



131 CROW CRESCENT
\$329,900



2712 NEW HORIZON LANDING DRIVE
\$399,900
MLS® 464415



16-4720-1720 E
\$199,900
MLS® 464444



3130 GREEN ROSES LANE
\$399,900
MLS® 464943



4638 HURRICANE DRIVE
\$379,900
MLS® 465564



4110 CUMBERLAND ROAD E
\$379,900
MLS® 465567

IN THE CITY

FEBRUARY 9, 2014 — 2:30 P.M.

The great egg race



Nolan Sugar carries eggs and other groceries home while his son Deleyn runs to catch up on 135 Avenue in Regina. GC PHOTO BY MICHAEL BELL

YOUR FAVOURITE PLACE
QC wants to hear about your favourite place in Regina! Email qc@leaderpost.com

MY FAVOURITE PLACE

New arrival discovered Regina at local coffee shop

By Rikkeal Bohmann

A self-proclaimed coffee-pot, Annette Townsend first discovered the now-closed Roan Jack's when she first came to Regina from the United Kingdom with her husband in 2011. Roan Jack's, on 13th Avenue, was a small coffee shop in the Orthodox neighborhood. Though she can no longer grab her coffee there, Townsend is looking towards a future for her own coffee dreams.

Q: When was the first time you went to Roan Jack's?

A: It was possibly the first time we were actually in Regina. We came from the U.K. in 2011, but we came out in the winter of 2011 just to find jobs and somewhere to live. We were staying at the youth hostel around the corner and 13th Avenue. So we was the only place to find food, so we discovered Roan Jack's. Then the woman who ran it at the time, she just took me under her wing, sort of said, "This is Regina," and introduced me to everyone she knew as a girl from England. It was kind of our first friendly place. Not knowing anyone in the entire city, it was quite nice.

Q: Why did you move to Regina?

A: We were trying to get out of north-west England. We'd been talking about moving to Canada in general for about a decade, really. My husband cycled across the country in '04 and completely fell in love with it. When my daughter turned up, it was as if there were little white writing things.

Q: How did Roan Jack's come so close to you?

A: Like I said, it was the first place we really discovered. But, to start, it was just really, really good coffee, but delightfully understated, too. It was this weird little building that stuck out on 13th Avenue and if you were to walk past it, you'd never know it was a coffee shop. It was an anti-establishment as you can get. They



Annette Townsend and her daughter Maude stand outside the now-closed Roan Jack's. Townsend says the coffee shop was a "local institution." (PHOTO BY TAYLOR LUND)

put up with a slightly ruckus three-year-old running around, dancing and clashing into the coffee router.

Q: Did they roast their own beans?

A: Yes. They actually had a great coffee roaster sitting in the cafe. In kind of dominated the whole room, but they couldn't use it because it belched and a lot of smoke. That didn't get used, but it was sort of a talking point. That's what made the coffee so good, it was so fresh. It wasn't my latest in there, but I'd buy beans for them.

Q: What were your favourite parts about Roan Jack's?

A: The good things. Not the previous manager used to write on the top and they had lost it on the walls. I never really looked the same every time you went in there. There was always something amazing on the walls and the regulars who'd outside of it. They sat outside in all weather.

Q: What went through your mind when you heard Roan Jack's was closing?
A: You could feel things winding down. Roy the Roast had shut down as well. It was just, "What's happening to 13th Avenue?" We discussed up and schemes to buy the place and it didn't work out, but it would have

been overly ambitious anyway. It was really and it was my local institution, really. I'll miss it a lot.

Q: Are you going to find a new coffee place now?

A: I'm based downtown, so it would have to be somewhere downtown. I will miss having something on my doorstep, certainly. There are plans of doing my own little thing eventually.

Q: What do you plan to do?

A: At the moment, I am setting up a little coffee cart. I don't drive, but I have a truck, which is quite nice. I love. We are constructing a trailer on

the back and I'm just going to do drop coffee at the former a market and running housing works out then downtown over the summers and festivals and are here that works. Then maybe we'll up and get walls and a roof when I can afford it.

Q: Is that accurate for Regina?

A: They've recently made it a lot easier to start food trucks and last summer there were loads of them and none of them did coffee, at least not good coffee. I think there's a place for it. Something kind of quack and convenient and outdoors, where you walk past would be quite useful. I think for other workers.



Serving the Regina
community since 1985

EXCESS INVENTORY SALE

"This is **THE** Opportunity
of 2014 for a new furnace
installed for \$2273.*"

We are helping 35
homeowners by
"Giving Away"
\$5500 furnaces
with purchase of
off-Season Air

These are brand new
models, NOT seconds
or "blends" or standard
"builder" models. They
are factory-fresh, premium furnaces
and air conditioners with a full
factory warranty.**



If your furnace is over 10 years
old, you can replace your old
and inefficient furnace and air
conditioner in a package far
less than you would pay any
other time of the year.

Call **306-522-0775**
today. A home comfort
advisor will come out
and measure your home
and determine your
perfect system.

Plus, these Energy Star® rated
systems qualify for **three plus
2% financing**. Ask us to help!***

FREE GIFT
valued at \$155

just for having an appointment
with one of our comfort advisors

**Act now! There are
only 35 systems
available! When
they're gone, this
offer ends!**



306-522-0775
www.MackenziePlumbing.com

915 Fleury St

NEXT WEEK: Would you stop at just one? Are there advantages to being an only child? Email QC@leaderpost.com

#PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

*Do you play favourites with
your children?*



"I like to think that I don't play favourites! After having four boys, however, the girl may have a special place. I have tried to be consistent with all and sure hope that they don't feel as though I've been unfair." —Cassie Connors

"I am unable to make it up to the others. And each child has different interests and are different ages so it's not hard to devote time to them on activities or bounce between all of them at once." —Alyssa Cornuchick

"No, we definitely not play favourites. We love our boys equally and unconditionally and it's always do our best to make sure that they know that no matter what. We consciously spend the time equally with the boys and do our best to get them to equal opportunities. I am sure as they grow up their interests will change and we may have to split things but are just it is very important to make them both just loved and special equally." —Shelly Lambert

"To my heart's content I don't play favourites although I'm sure sometimes it may happen. For example, I have one child I prefer to fish with while with his brother I prefer to bake. However it's never enough to them. I try to ensure my children get equal time and attention from me so as not to let them feel I have one son over the other." —Michelle Grosche

"Everyone's needs are different so I tried to always be available for both of them all of the time (when humanly possible). Money was always spent the same amount on each like Christmas presents." —Judy S

"I don't play favourites, but do spend the necessary time needed for each child. That might mean more child gets more attention at a time but not overall. When one demands more time of me, I make do."

*Standard Regalia is \$5500, off-Season off-Season is \$2273, off-Season is \$2273, off-Season is \$2273, off-Season is \$2273.
**Standard Regalia is \$5500, off-Season off-Season is \$2273, off-Season is \$2273, off-Season is \$2273, off-Season is \$2273.
***Financing is available through Regalia. Regalia is a subsidiary of the Mackenzie Group. Regalia is a subsidiary of the Mackenzie Group.

INVENTORY

We want to hear from you: Tell us about your local business.
Email qc@leaderpost.com

KC GOINS

The best part about Life Forward's sale is seeing what's going to come through the door.

At KC Coins, Forward buys and sells portable gold jewellery — gold, silver and all coins, cash and jewelry.

"You never know when someone will come in selling something you haven't seen before," he says.

Forward negotiates pricing depending on item condition, serial number and spot rates.

Visit KC Coins Monday through Saturday 9:30-5:30 in the Golden Mile Shopping Centre, 2806 Albert St.

1. OLD MONEY: Canadian dollar bills from 1937, '52 and 1967 feature King George VI. \$100 features John A. MacDonald.

3. WATCH OUTH: High-end watches (Rolex, Omega, TAG, Cartier etc.) and pocket watches.

3. NEARLY NEW: Previously owned jewelry includes rings, bracelets, chains and more.

4. VALUABLE SCRAPS: KC Coins buys scrap gold and silver — old or broken jewelry, nursing pins, a forgotten partner — to send to be refined.

5. HEAVY METAL: Gold and silver bullion bars bought and sold for market price (four every \$20.00 for silver, \$1,300.00 for gold).

6. SINGLE HANDS: Canadian and U.S. coins, sourced for their silver value.



QC PHOTOS BY DON HENLEY

CLEAR VIEW
WINDOWS AND DOORS
www.clearviewwindows.com (306) 543-9200

WINTER WINDOW EVENT

25% Off Windows *An Authorized Design Centre*

U.S. \$1,000 off per line, subject to product availability. Not available for cash. Offer valid from Feb. 12 to Feb. 28, 2014. Offer valid on window products only. Not valid on installation or other services. Offer ends Feb. 28, 2014. Offer valid on window products only.

Bringing you a Taste of Paris...

Marokena
crêpe café

FOR BREAKFAST, LUNCH, SUPPER OR DESSERT

5950 Rochdale Blvd.
(306) 352-7373

Complete Denture Services Available

Taylor
DENTURE CLINIC

- Free consultations
- One hour repair service
- Accepting all insurance plans
- Guaranteed Professional Service
- SERVING ALL YOUR DENTURE NEEDS

BRIAN MOYNES - DENTURIST
Call today for an appointment
306-598-5766 • 306-598-5766

Ask us about implant-supported dentures !!

COMMISSIONAIRES
RECRUITING & TRAINING

**Full Time/
Part Time Employment**

Looking for a rewarding full-time or part-time career? We are Saskatchewan's largest security company!

For an application or more information call or contact us online.

REGINA REGIONAL OFFICE
122 Albert Street (Algonia Village Mall)
Phone: (306) 737-0978
www.commissionaires.ca/sk

A little furnace TLC goes a long way.



Earn 50 Bonus
AIR MILES®
reward miles

OR

Receive
\$10 OFF



SaskEnergy
Network Member

SaskEnergy

EVENTS

MUSIC

Wednesday, Feb. 12

Musik at Home Featuring
Jade Beaulieu,
Nadia, Kiana Mirospicula
Church, 2340 Victoria Ave.

Wednesday Night Polka Kary
Laine **Boysen** **Boysen**
Basschukler, 2206 Dowdney Ave.

Weykoff Wednesdays with
Lefty **Cobles**
McNelly's, 2206 Dowdney Ave.

The Wilderness of Manitoba
Creative City Centre
843 Hamilton St.

Thursday, Feb. 13

J.A. Gosselin, Binder Twine
and the Balans
The Exchange, 2638 Eighth Ave.

Friday, Feb. 14

Rolls Plains
The Artspace, 2627 13th Ave.

Katlyn Sample
8 p.m., La Biblio, Inside
Monsieur de LaSalle School,
3650 Hilda St.

Break Down Party Band
McNelly's, 2206 Dowdney Ave.

The Robertson/Pringle,
Twelve to Triggers, Perpetua
Oviatt's, 1947 South St.

Saturday, Feb. 15

Cellier Concert Series
Andre Laplante
7:30 p.m., Knox Methodist
Church, 2340 Victoria Ave.

The Octans
Regina Symphony Orchestra
8 p.m., Conexus Arts Centre
200 Lakeshore Dr.

Dan Bigger Band
McNelly's, 2206 Dowdney Ave.

Valentine's Day Massacre
The Exchange, 2638 Eighth Ave.

The Wilderness of

8:30 p.m., Western Plaza, 1307
Broadway Ave.

Shoreland Wix, Russell Cole
Cockshill's Wine Lounge
980 Saskatchewan St.

Dr. Zeiss
Regina Phoenix Ballroom
Party
The Owl, 10 of 8 Hilda Centre

Sunday, Feb. 16

Velody
The Artspace, 2627 13th Ave.

Monday, Feb. 17

Windy Drum Circle
Instruments provided
7:30-9 p.m.
The Living Spirit Centre
2018 Dox St.

Tuesday, Feb. 18

A Little Called Bob
The Exchange, 2638 Eighth Ave.

Dave Husak, Manitoba
Stars, 1947 South St.

ART

Mae & Beth
McNelly's and Beth Hark
Indefinite
The Living Spirit Centre,
2018 Dox St.

Edithen Aukland
Presenting an augmented
element of the limited edition
print, the edition number

Works in the exhibition were
chosen solely for their edition
number and follow a se-
quence from 1 to 30
Until Feb. 23, Mackenzie Art
Gallery, 3475 Albert St.

Big Day
Considering day an scale
beyond the usual.
Until Feb. 23, Mackenzie Art
Gallery, 3475 Albert St.

Walking Lines/Saskatchewan
Collaborative works by artists
Rodney Koozicki & Rhonda
Nesbitt, environmental land-
scapes of the prairie

Until March 1: Art Gallery of
Regina, Not Saskatchewan St.

Louise Dewey and Kaiti Koro-
aki's Balloons
Until March 8, Darling Art
Gallery - Sherwood Village
Branch, 612 Beechdale Blvd.

Beyond Fibres: The Mount-
ed of Police in Art
Until March 13, RCMP Heritage
Centre, 2907 Dowdney Ave.

Contemporary Canadian
Perspectives
The Artists of Scott Nicholson
Fine Arts
Until March 21, Government
House, 6607 Dowdney Ave.

Davide Colan, Photos
Black and white series in ages
events during, flags, and
everyday life in 18-minute video
Until April 9, Central Library
MediaSpace, 2381-12th Ave.

Jon Johnson: Deconstructing
Consumption
A three-room installation
featuring sculptures exami-
ning, creation and consumption
Until April 3, South Gallery,
KNA Central Library, 2381 12th
Ave.

Shawn Hurlbut: Soliloquy
A dual projection video installa-
tion by world renowned
Indian-American artist Shawn
Hurlbut, complexing the
work of Saskatchewan film-
maker and video installation
artist Arlene Aldrich.
Until April 27, Mackenzie Art
Gallery, 3475 Albert St.

Barbara Stammers: The Gi-
ant's Dance
Photographic installation
explores the relationship be-
tween personal belief and or-
ganized religion. Programmed
in response to Soliloquy by
Shawn Hurlbut.
Jan. 31-May 4, Mackenzie Art
Gallery, 3475 Albert St.

Shawn Hurlbut: Soliloquy
A dual projection video installa-
tion by world renowned
Indian-American artist Shawn
Hurlbut, complexing the
work of Saskatchewan film-
maker and video installation
artist Arlene Aldrich.
Until April 27, Mackenzie Art
Gallery, 3475 Albert St.

Barbara Stammers: The Gi-
ant's Dance
Photographic installation
explores the relationship be-
tween personal belief and or-
ganized religion. Programmed
in response to Soliloquy by
Shawn Hurlbut.
Jan. 31-May 4, Mackenzie Art
Gallery, 3475 Albert St.

Barbara Stammers: The Gi-
ant's Dance
Photographic installation
explores the relationship be-
tween personal belief and or-
ganized religion. Programmed
in response to Soliloquy by
Shawn Hurlbut.
Jan. 31-May 4, Mackenzie Art
Gallery, 3475 Albert St.

Barbara Stammers: The Gi-
ant's Dance
Photographic installation
explores the relationship be-
tween personal belief and or-
ganized religion. Programmed
in response to Soliloquy by
Shawn Hurlbut.
Jan. 31-May 4, Mackenzie Art
Gallery, 3475 Albert St.

Barbara Stammers: The Gi-
ant's Dance
Photographic installation
explores the relationship be-
tween personal belief and or-
ganized religion. Programmed
in response to Soliloquy by
Shawn Hurlbut.
Jan. 31-May 4, Mackenzie Art
Gallery, 3475 Albert St.

Canadian Art: Celebration and
examination of our country's
landscape through real and
imagined images of the Cana-
dian landscape by Canadian
artists including Augustus
Kenderson, Dorothy Knowles
and Ernst Lubl
Until June 16, Mackenzie Art
Gallery, 3475 Albert St.

Arnellia Aldrich: We live on
the edge of disaster and imagine
we are in a model
Video installation highlighting
the work of Saskatchewan film-
maker Arnellia Aldrich.
Until June 16, Mackenzie Art
Gallery, 3475 Albert St.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Until July 21, Government
House, 6607 Dowdney Ave.

What you need to know to plan your week.
Send events to QC@leaderpost.com

Arts Centre, 1277 Angus St.

Feb. 12-15
Apostrophe Theatre, 1st floor,
lower level, 1973 Hilda St.

Wingfield Lost and Found
Feb. 12-March 2
Globe Theatre, 1821 South St.

How to Give Feedback
Workshop for poets and
performers
Every Thursday, 7-9 p.m.
Creative City Centre, 843
Hamilton St.

Pratt's Dance Circuit
Dance, Music, Drama, Poetry,
featuring two dancers show-
ing from the art of Japanese
recreation, and Johanna Burton
and Ben Palmer's latest
collaboration, a writing char-
t of the ordinary
Feb. 13, 7:30 p.m.
Feb. 14, 1:30 and 7:30 p.m.
U of R-Robert Centre, University
Theatre

Shankar at 50
Feb. 15, 7:30 p.m.
Conexus Arts Centre

FIRE AND ICE
FESTIVAL
Feb. 13

Shankar at 50
Feb. 15, 7:30 p.m.
Conexus Arts Centre

Shankar at 50
Feb. 15, 7:30 p.m.
Conexus Arts Centre

Shankar at 50
Feb. 15, 7:30 p.m.
Conexus Arts Centre

Shankar at 50
Feb. 15, 7:30 p.m.
Conexus Arts Centre

Shankar at 50
Feb. 15, 7:30 p.m.
Conexus Arts Centre

Shankar at 50
Feb. 15, 7:30 p.m.
Conexus Arts Centre

9-11 p.m., Victoria Park

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

Pratt's Dance Circuit
Feb. 13-15
U of R Theatre, 1821 South St.

EVENTS

P.12 P.17

Midweek Artists' The
Stratford Festival Storytellers
Festival Bus Tour
 11 a.m. and 1:30 p.m., Niagara
 Public Library-Central Branch

SKATE exhibit
 11 a.m.-4 p.m.
 Skateboarders Sports Hall of
 Fame, 2260 Victoria Ave.

Free skate rental and hot
chocolate
 11 a.m.-4 p.m.
 Victoria Park outdoor rink

Buffalo Pound Round Dance
 performance and pig-clone
 Noon-4 p.m., Victoria Park

Market-folding workshop
 and performance
 1-4 p.m., Hill Tower II

Harvey Maffarlane and the
Bangladesh Cycles Heroes
Deven Michaels
 2-4 p.m., City Square Plaza

SPECIAL EVENTS

Free and Fun Health Expo
 Feb. 12 and 13, 9-5 p.m.
 Feb. 13, noon-5 p.m.
 Massage, fresh juice, computer-
 assisted health app appraisal,
 Peak Reebok test, Step
 Test, blood pressure, etc. All
 services free, sponsored by the
 Seventh-day Adventist
 Churches of Greater
 Northgate Mall, 4850 Salsburg
 Ave., 4890 Albert St. N.

Regina Pops vs. Steelcity
 Feb. 12, 7 p.m.
 Grand Centre, Elgin Plaza

30th Woodrow Lloyd Lecture
 The Hedgehog, the Fox and
 Canadian Anarchy by Thom
 Woodhouse, University of N.B.
 Feb. 12, 7 p.m.
 U of R Research and Inno-
 vation Centre room 119

Regina Farmers' Market
 Feb. 12, 10 a.m.-2 p.m.
 U of R Research and Inno-
 vation Centre (RNC) Atrium

Women's basketball
 U of R Cougars vs. Brandon
 Feb. 12, 6:30 p.m. U of R CHS

Men's basketball
 U of R Cougars vs. Brandon
 Feb. 12, 8:30 p.m. U of R CHS

Women's basketball
 U of R Cougars vs. Brandon
 Feb. 12, 5 p.m. U of R CHS

Men's basketball
 U of R Cougars vs. Brandon
 Feb. 12, 7 p.m. U of R CHS

Men's hockey
 U of R Cougars vs. Sask.
 Feb. 12, 7 p.m., Cooperators
 Centre, Elgin Plaza

Regina Pops vs. Swift Current
 Feb. 12, 7 p.m.
 Grand Centre, Elgin Plaza

Seaskateboarders Aboriginal
Storytelling
 Featuring Rodger Ross (Shode
 Daniels) and Dermyl Oneiro (Joe
 Feb. 12, 1-4 p.m. Royal Sask
 Museum, 2643 Albert St.)

Regina Pops vs. Brandon
 Feb. 12, 7 p.m.
 Grand Centre, Elgin Plaza

Anna Ruyanova, Volokova,
Rain Foresters and Wildlife
 A presentation from a trip to
 Costa Rica
 Feb. 12, 7:30 p.m. Royal Sask
 Museum, 2643 Albert St.

NEW MOVIES

RobotCop
 Action
 In 2028, CyberCop is the ruler
 of robot technology. Their
 clones have been used by the
 military overseas to help
 the peace. When Detroit cop
 Alex Murphy (Keanu Reeves)
 is injured in the line of duty,
 OmniCorp steps in and builds
 a perfect man-robot, Robot-
 Cop. Things go awry when
 they forget there is still a living
 man inside the machine.

Almost Last Night
 Comedy
 Denny (Michael Italy) and
 Denise (Kathryn Hurl) are
 teachers who live their lives on
 the wild

side. When Denise meets Josh
 (Regina Hall) at bar one night,
 the two hit it off and start dat-
 ing. Dennis introduces Den-
 ny to Josh's roommate Debbie
 (Joy Bryant). Although they
 were only looking for one-
 night stands, their relation-
 ships become more than that.

Endless Love
 Drama
 Caroline valent David (Alex
 Pettyfer) falls for privileged
 soccer mom Jade Butcher (Jo-
 (Laurie L. White). Jade's
 father finds David is putting on
 an act and searches for infor-
 mation about his violent past
 and his criminal record.

Writer's Tale
 Drama
 When his immigrant parents
 are denied admission at the
 island Peter Lake is set adrift
 in New York Harbor in a model
 boat. He's rescued by the Bay-
 ward of the Bayonne Island
 and sent off to Manhattan when
 he becomes a writer. When
 Peter (Cain Fennell) becomes
 a writer and makes a name of
 himself, Peter's parents (An-
 (David Crowe), he's rescued
 by Althea, a white housewife
 can't fly. While making a house,
 Peter meets Beverly (An-
 (Beverly Hills), who's dying of
 consumption. The two form a
 special bond.

Galaxy Classroom
 420 McCarty Blvd. N.
 206-523-9098

Gregory Nelson
 Southfield Mall Cinema
 30380 Greenbelt Dr., 304-180-
 3383

Regina Public Library Theatre
 211 12th Ave., 366-777-8124

Kramer Inn
 2162 Powell House Dr.
 206-523-6629

Goldmine @Home
 Golden Mile Shopping Centre
 3008 Albert St., 369-389-0220

Home Design
 is a free, online
 service offered by O.C. Linings
 who live their lives on the wild

fiorante WALL TO WALL
FURNITURE CLEARANCE!
 SOFAS, CHAIRS, RECLINING, LEATHER,
 BEDROOM, DINING, MATTRESSES, ACCESSORIES...

SAVINGS UP TO 60% OFF* R.P. PLUS...

- **DINING ROOM** - SELECTED BERMEX.....50% OFF R.P.
- **BEDROOM** - SELECTED DURHAM, AP, VALCO.....30% OFF R.P.
- **COJA LEATHER** - CREAM SOFA/CHAIR, BROWN CHAIRS.....50% OFF R.P.
- **LEATHER LIVING** - LEATHER & CLOTH SOFAS.....30% OFF R.P.
- **DISTINCTIVE** - LEATHER & CLOTH SOFAS.....30% OFF R.P.
- **EL RAN** - RECLINING SOFAS, CHAIRS, SECTIONAL.....50% OFF R.P.
- **JAYMAR** - LEATHER & CLOTH SOFAS.....50% OFF R.P.
- **FUTURE** - SOFAS & CHAIRS.....50% OFF R.P.
- **ALL BEDDING ENSEMBLES**.....60% OFF R.P.
- **SIMMONS BOX/MATTRESSES (DISC MODELS)**.....30% OFF R.P.

ACCESSORIES
50% OFF* R.P.

• PICTURES • LAMPS
 • MIRRORS • AREA CARPETS
 • TREES...

SELECTED FURNISHINGS
60% OFF* (PRICED ORANGE R.P. TAGS)

• COFFEE & ENDS • KITCHEN TABLES
 • LAMPS • FOLDABLES • CHAIRS
 & MORE

HURRY...FOR BEST SELECTION!

(306) 757-1500
 2410 Dewdney Ave.,
 Regina

FLOORS

fiorante
 HOME FURNISHINGS

*See store for details

www.fiorantefloors.com

www.fiorantefurniture.com

DAYTRIPS

BRUNO MUSIC FESTIVAL

Pickers' Cup unites music and hockey

By Ashley Martin

Sometimes, Ten Crows knew all the way back in 1973 that music and hockey were a match made in heaven. Then, stranded in Bruno, the two pastimes came in the first ever Pickers' Cup (hockey).

From Feb. 15 to 17 at the Bruno rink, two music will stream from the upstairs lounge to the ice down below where visitors will partake in three-on-three hockey games.

Event creator Kirsten Berliot had the idea a few years back, while living in rural Manitoba and perfecting hockey clichés.

One day while out for a drive, she mused: "What could be better than a music festival that has hockey going on? That's what I need to do."

She moved to the town, 50 kilometres east of Saskatoon, in June to take over the Bruno Arts Board, an arts venue once giving a cult, gallery show and more.

Berliot knew her new community had the perfect mix of community/artists looking to host such an event.

She lined up a fantastic group of musicians to play her first festival, among them Canadian musical legends Keith Janzen and David Burdette. Janzen's Blake Berglund is also on the list.

The concept is pretty awesome. To have a festival in Saskatchewan coincide with a hockey tournament seems like it's just supposed to be that way. It's something that no one's thought of it yet," said Berliot.

He said his band have already decided which three of their four-piece will be donating skates this weekend — bass players J.R. Evans will sit as coach.

Growing up, Berglund was often late for hockey practice because his parents' lessons ran long.

"I'd make up excuses about shoes running late or having to go to the dentist, but really I was procrastinating because I really like the time that I come to Bruno, it's almost like a full circle," he said.

"I loved playing hockey. I sure as hell wasn't the best at it."

At Pickers' Cup hockey games and musical workshops run all day Wednesday and Sunday, at night, the music takes



Blake Berglund and The Muttons are just as comfortable hockey as they are to take the stage at Pickers' Cup this weekend. PHOTOS COURTESY JACOB SMITH

over the Monday. Finally they chaff out with a possible breakfall, some acoustic music and a skate.

It's pretty important what they're doing, everything from the Bruno Arts Board to the festival itself, any opportunity to bring culture to a small community is as important as the next thing," said Berglund.

A weekend pass to watch hockey and listen to live music is \$10. It's \$15 to register a hockey team for play, which includes a pass to the music. Hockey registration closes Feb. 15, at which point Berliot's husband, Jonas Hestmark, will be compiling the schedule.

There are some skates available for rent.

Accommodation is available in Bruno — just ask where. Motels are also an option in nearby Rosedale and Mondak.

While you're in town, grab a bite at the Chateau-Canadian Bruno Cafe or Patisserie/Chateau Fine Foods, and quench your thirst with a stop at the Mucky Mart. If you need some fresh air, take a stroll over to St. Theresa Institute and walk along the Skatoon of the Cross Parkway.



Julia Muttons (right) who plays Sunday at Pickers' Cup has taken her love of hockey to the next level. PHOTOS COURTESY JACOB SMITH



Love of Pickers' Cup in Bruno combines hockey with a music festival. PHOTOS COURTESY JACOB SMITH

SATURDAY NIGHT

David Romano
Samantha Savage Smith
The Dead South
Blake Berglund & The Vultures

SUNDAY NIGHT

Gray Kipling
Andy Shaul
Karlman Edwards
Royal Canon
Blake Berglund & The Vultures

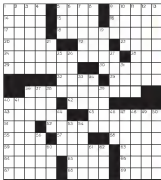
For more information, visit pickers-cup.com.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Message indicating adult beverages not included
 3 Cowboy's creed
 4 Analyze as a sentence
 14 Star who played Bush
 15 Give the once-over
 16 American's line
 17 Attention please!
 18 Tub accessory
 20 Outfielder Hunter with one Gold Glove
 22 Web surfer
 23 European capital and wine
 24 Bookkeeper
 26 Recount how sub.
 28 Latin lover's declaration
 30 Defense accountant
 32 Ice melted
 35 Working up a sweat
 37 Chivalry for the church's ritual by the ends of 32, 34-36 and 40-42
 40 Morrice, to prefer on the Arabian's head
 42 Nursery's place
 43 Big brother's onside
 45 He means daily based by



© 2014 The New York Times Company. All rights reserved.

DOWN

- 1 Like a spotlighted courtier
 2 Star of a pro's
 3 No longer bathed
 5 She in Salome
 9 Laundry's on
 10 Turret bag, briefly
 12 Girl's ring
 13 One of a jungle couple
 14 Ticker
 15 Occasion to not eat
 16 Old map as a building
 17 Give with a hiss
 18 "Oscar"
 19 All of these may be off

- 11 "Give I think you're best" girl of a 1990s song
 16 A rock off
 19 Supermarket's checkout clerk
 20 A theory
 21 Church choir song
 22 Location in a game of 180
 23 "Transit" network for short
 24 Live westerns' agent
 25 A 19th-century
 26 All of public offer
 27 Punk band's surface
 28 A 19th-century
 29 Some substantial 1/2 size

- 40 Fender in a studio
 41 A saying
 42 Distance of an ankle sprain
 43 Stanford flag
 47 A word
 48 Activity that includes household kids
 49 "Let's" answer
 50 Names for the 50 Across
 51 Like the constancy of an old rope
 54 News editor
 56 Part of a boxer's
 60 Not call
 61 Key feature
 62 Day to visit

#JANBIC CLASSIC SUDOKU

Level: Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 26.

Treasured Moments



DESIGNED
FOR PEOPLE
JUST LIKE YOU!



"Treasured Moments" is an ideal way to announce...

- engagements
- weddings
- anniversaries
- births
- birthdays
- graduations
- reunions
- "Come & Go" events, etc.

In an attractive, inexpensive way that delivers your announcement in both print and online!

Plus by placing your announcement in "Treasured Moments" we also include your announcement on our online website celebrating you within your announcement & it also appears online for 1 month, from the date that it appears in The Leader Post!

CALL (306) 781-5466 FOR MORE INFORMATION.
 Deadline is Two Fridays prior to Saturday's publication.
 *Advertisement is required.

CLASSIFIED
 (306) 781-5466

THE COPPER KETTLE
 BUSINESS
 SPECIAL OCCASION
 DATE NIGHT

You Fill
In The
Rest!



Dine with
COPPER KETTLE

Gift Certificates available

1953 Scarth St.

306-525-3545

INNOVATIONS

FARIDEH CEASER

Building an audience by helping you find yours

By Sean Trembath

A Saskatchewan entrepreneur is taking to the digital screens to share stories of those who have made the Internet work for their business.

"As a creator, I spent a lot of time learning how to build an audience," says Farideh Ceaser host of the new *Tribe Finder* podcast, who splits her time between Saskatoon and Regina.

After 15 years as a touring musician, including with her current band, Rule and the Riverbats, Ceaser has taken on a new role as a marketing strategist. The podcast — a weekly audio program available for free download — is a way for her to share ideas and entertain her friend.

"The Internet has made it possible for a business owner to sell to people all over the globe. It's an exciting reality, but brings inherent difficulties."

We have a million choices. In North America, you can buy 10 million kinds of everything, so if it's not specifically tailored to you, you're going to look for something else," Ceaser says.

"The key is to find your 'tribe,'" Ceaser says. It's a concept popularized by Seth Godin, an American author and entrepreneur.

She decided to focus the show on business people who had successfully found — or in some cases built — a community around themselves so that others could try to do the same.

"The format of the show came from talking to a lot of my clients, customers and other entrepreneurs. I realized they really struggled with how to build their audience, build their client base or find new customers," Ceaser says.

The podcast recently featured an interview with three episodes. Her first guest was Gabri Lacasse, a live director at Soul Fancie, a creative firm with over a million subscribers on YouTube. Her second was Ryan Lewis, a pub studio owner who has created a strong online presence.

She plans to release a new episode every Friday indefinitely. One future guest is longtime children's performer



Farideh Ceaser, who divides her time between Regina and Saskatoon, recently launched a weekly podcast called *Tribe Finder*. *JP PHOTO BY SEAN TREMBATH*

Fred Penner, an interesting case study in tribes. He has experienced a resurgence in recent years, as people who listened to him when they were young reach the age where they are going to have to see concerts.

"It's been wonderful to connect with these people. I get the chance to sit down with people who are absolutely

brilliant," Ceaser says.

Although some of the information on the show is the same kind of advice she gives her paying customers, Ceaser has no qualms about giving away knowledge for free.

"The new marketplace is all about giving your skill and being very generous, and that's how you generate busi-

ness for yourself," she says.

The hope is that people will listen, find the stories inspiring, then get informed in what else she can help them with.

"The truth is, all this information is Googleable, but hearing the stories of people who are running successful businesses and talking about

how they're doing it is inspiring. It's far more interesting than a document called 'Five ways to build your audience,'" Ceaser says.

You can find the *Tribe Finder* podcast on iTunes or on Ceaser's website, www.farideh.ca.
 @farideh44 @tribefinderpodcast
 farideh@ceasermedia.ca

OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie McKay creates a line-art illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to ad@leaderpost.com. One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Ava Bilboe**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

**BIG
VALUE
DEAL!**

3 COURSES ONLY \$19.99

Best price of the year! But hurry, it's only for a limited time.

Ricky's
ALL DAY GRILL

777 Albert Street • 306.775.3600
regina.patarickys.com

GARDENING

VALENTINE'S DAY

Saying 'I love you' with flowers

By Erl Svendsen

Florigraphy or the language of flowers, is a way of sending coded messages, especially with one's handily laden content, using different combinations of flowers. Its practice was widespread during the Victorian era when expressing emotions publicly was just not done. Today the custom has fallen out of use. However, with Valentine's Day near, take a moment to make sure you are sending the right message with a bouquet to your loved one.

Red roses, the most popular and oldest choice of the season, refer to true love; light pink, coral and orange signify desire and passion, while in its innocence, white and purple for order and any colour of thornless rosewood love at first sight.

Carnations run a respectable second to roses, popularity in Valentine's flowers being much cheaper by the dozen, they can last up to three weeks without much effort. Red and white carnations have the same meanings as roses, but besides of yellow (shades), red (dark) and striped (no, refusal). Pink carnations denote a mother's love and so are appropriately exchanged between a mother and her children.

The built world also has much to say. Tulips' love messages include red, indicating love, purple, forever love, white, one-side love, and yellow, hopeless love.

Daffodils are similar to yellow tulips and represent unrequited love. Crocus speak of youthful joy and love. Lilies send mixed messages; white is all about purity, while orange means desire and passion but also hatred.

Anemones and daisies are also in love and meaning: light love, true, purity and faith. Similar meanings are found in lily-of-the-valley (true love), pansies (eternal love), jacinths (unconditional, eternal love) and violets (faithfulness).

Don't be surprised if you receive garlands conspicuously as they represent secret love. And for those that turn just plain to love, purple lilacs



Red roses symbolize true love. PHOTO COURTESY KAZ ANKOR

make the perfect bouquet.

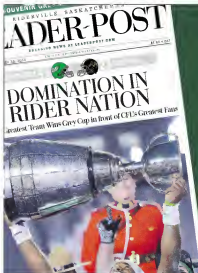
If the warm handshake of friendship is what you want to convey, then yellow roses (friendship) and sunflowers (true and lofty thoughts are for you). But if your emotions run darker, then hydrangeas for forgiveness and heartlessness and columbines, for faithfulness and a symbol of devoted lovers. are your choices as are yellow and striped carnations and orange lilies (see above).

Baby's breath is ubiquitous year-round greenery in most bouquets. But it's not just there for its very complementary texture. Its message of innocence and purity of heart is a nice counterpoint to more emotional themes.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennials.ca). hortonomist@joshua.com

Taking care of your bouquet

1. Like a vase with ample space behind the flowers and enough water.
2. Mix floral preservative with warm water and fill vase. If no preservative, mix 2 tbsp lemon juice or vinegar and 1 tsp sugar with 1 quart of water.
3. Cut new ends on all stems and remove all leaves that will be below the water level.
4. Replace water solution daily and recut stems every three days.
5. Keep out flowers away from running heat.
6. Remove faded flowers.
7. Put daffodils in a separate vase for 24 hours before combining with other flowers.
8. Keep flowers as cool as possible: out of direct sun, away from heat registers.
9. Keep flowers away from blasts of cold air: like leaky windows, doors or doors.
10. Enjoy! And have some fun deciphering the message your bouquet is trying to send you with their gift of flowers.



Show the Champs your Rider Pride!



Get more of your local news delivered to
your door, computer, tablet and smartphone.



Grasslands - Regina South
Northgate Mall
Mosaic Stadium

Order a Leader-Post All Access Subscription
for just \$28/month and **receive a bonus**
\$25 Rider Store gift card*.

Call 306-781-5212 and quote offer code **RIDERS**
or visit leaderpost.com/subscribe

Already a subscriber? You are automatically entered to WIN a \$100 Rider Store gift card.

LEADER-POST

*Offer available to new subscribers who have not received home delivery for 45 days. Offer can be combined with any other offer. Subscript cost must be paid via the EasyPay plan, charged to your credit card monthly for a minimum of four months. Offer may vary and we reserve the right to discontinue or change without notice. Please allow 6 weeks for delivery of the gift card. If you cancel before four months, you will be charged for the value of the gift card. Current subscribers will be entered to win a \$100 Rider Store gift card. Offer expires August 31, 2014.

SHARPEATS

See a food trend you think deserves a highlight?
Email qc@leaderpost.com or visit us on Facebook

SASKATCHEWAN FOOD TRENDS

Vegetarian no longer a dirty word

By Jenn Sharp

Vegetarian used to be a dirty word in Saskatchewan.

It also wasn't too long ago that if you asked a server about veg options, options he or she would likely say: "Dunno, a salad?"

It's all starting to change, but it's been gradual. Restaurants no longer display a prominent "V" next to vegetarian menu items. Veggie choices are now making an appearance. However, meat is still the high-end choice for a gourmet dinner. And the amount of restaurants where vegetarian dishes take centre stage is still growing slowly.

A Regina steadily holds the record for coffee and fresh deli food. It is 13th Avenue Food & Coffee House.

The store and soup changes daily. Expect hearty (often vegan) warming comfort foods. As a resident of Saskatoon, I was an owner of how awesome this place is. For the record, there is meat on the menu but it's definitely on the minority.

The frigid weather on a recent visit steered me toward the Mandish Store with Saskatchewan grown quinoa. At \$11.99, it was a huge bowl filled with cauliflower, potatoes, peas, red lentil green peppers, chickpeas, tomatoes and a mild but flavorful coconut curry. It was so good I came back the next day for lunch and tried the Jiro Jerk food, a mix of vegetables, pineapple salsa, marinated tempeh and jerk sauce.

The food here was good enough to make me ponder a permanent move to Regina, just so I could dine in this beautiful character home-turned-restaurant more often.

Saskatoon's 1930s further behind. The city doesn't have any restaurants where meat plays a secondary role on the menu that a little bistro had me a rare veg entry is not far off. That doesn't mean you don't have options. Lady's does a mean Vegan Pita. Prairie Harvest Cafe has the best veggie burgers in town and the Carlton Children's of the Apostles Restaurant is one of my favourites.

Many of the cafes, notably Croy Perks, are also catering to the veggie crowd. The newest in Saskatoon, Citizen Cafe, is going above and beyond. The daily baking is mostly vegan and gluten-free. There's a menu devoted to vegetarian or vegan sandwiches and pizzas. Look closely at the sandwiches. All are named after revolutionaries, except the chunky grilled cheese.

Owners and servers in-law, Beth and Kaitlin Brown, along with the help of family and friends, have turned this spot on the corner of 33rd and Main St. into a cafe, yet modern and thoughtfully welcoming space.

Big mandarin black milk bread with long wooden benches. Students growing out of the tops and a host of tables, one that is desperately needed in February. It's a communal feel in the front area. People don't come here to have a private conversation — the tables are close together — but they do come to laugh, share and visit. Big couches and a play area for the children are a touch that touches the thoughtfully prepared food.

13 Avenue Food & Coffee House is located at 3136 13th Ave. in Regina. Citizen Cafe & Bakery is at 3630 St. E. in Saskatoon.

JennSharp@leaderpost.com

Twitter: @JennSharp13



The daily soup and baked features at Citizen Cafe & Bakery in Saskatoon. Mugs start at one dollar soup and bread. Vegetarian, pescatarian, and vegan with a special diet too. qc@leaderpost.com



The Mandish Store at 13th Avenue Food & Coffee House in Regina is a hearty mix of coconut curry with eggplant, potato, peas, yams, lentil and green beans, chickpeas and veggie go. PHOTO BY JENN SHARP



The hearty veggie California sandwich with house-made focaccia, lettuce, tomatoes, cucumbers and red onion on focaccia at Citizen Cafe & Bakery. qc@leaderpost.com

VEGETARIAN ADVISE

From local food writers and vegetarian Penny Mulkey

• Try Manitoba Mandish or Mandish Store's specialty in Veg. Eat Veggie Before 6:00, the book by this New York Times food writer

• Think you can't eat? Instead of meat with vegetables on the side

• Try creative cuisine with cooking flowers, the Mexican, Chinese or Indian whole courses and both are amazing

• Don't reject all the meat in your diet until you've tried it

• Most substitutes are great for quick meals

• Best vegetarian cookbook: *Vegetarian Cookbook* by Mark Kucin

• Best website for recipe videos: www.vegphilly.com, www.thegardenofeatin.com

ON THE SCENE

THE ULTIMATE WOMEN'S SHOW



The Ultimate Women's Show was held Feb. 7 to 8 at the Canexus Arts Centre. The Saturday three-day shopping event featured a variety of vendors. From skin care, health and food to home decor and appliances, there was something for everyone even for men. Wine, appetizers and apparel samples were also available to ease a shopping overload.

1. Lucy and Jessica McCutcheon
2. Rose London and Sam Workman
3. Kim Mohr and Lori Boyd
4. Brengnan and Ashley Sailer
5. Joelye Hahn holds Matthea Costello

QC PHOTOS BY MICHAEL BELL



ON THE SCENE WINE WORLD



6. Jessica Becki and Sheri Green

7. Amanda Rose and Raelyn Smith

8. Crystal Campbell and Amanda Lesperance

9. Elizabeth Horad and Rosella Guelham

10. Corinne Nicholson and Holly Gerke

#DUKE OF CLARENCE

Madeira, chocolate perfect Valentine's Day companions

By James Romanow

One of life's treats is Official Celebration. For example, if someone is single — by accident or on purpose — the week before Valentine's Day can feel like a constant reminder of your social flaws.

All moments like this, curl up on the couch with a box of chocolates, a Maclet and the music. Or better yet a good book. And given that the fantasy is always better than the things and scraps of the dining world, why not curl up with a good romance. Like "Women of Irish descent" by Meghan's Annette Barrow.

Well this sounds like a first class plan, but let's face facts. You're going to want a drink. So what wine goes with chocolate? Well some people think Merlot, but if you really want to have a good time, what you need is a nice glass of Madeira.

This is perhaps the best after dinner wine ever made. It comes from the island of that name in the middle of the Atlantic Ocean. The location is the key to the taste of the wine, as the long sea voyage across the tropics is delicious to customers given the wine's unique medium flavor, recreated today with an equally unique heating and cooling of the wine in its glass.

Duke of Clarence is a responsive Madeira from Madeira's — one of the great white Ma-



dern houses. Three years old, a sort of "young red" it is also the ideal accompaniment for need on dark to milk chocolate. I like the medium firm chocolate made for wine drinking, or a chunk of fudge. It will keep on the counter forever as it is pre-coated so don't feel compelled to finish the bottle in one sitting.

Monday's Duke of Clarence Madeira 2010

gave me more great lines in Monday's paper or on Twitter @jbrunoe

Crossword/Sudoku answers

BYTOR	SPUR	PARSE							
BOVE	OGLE	ETAIL							
ANEM	BATHS	PONGE							
TORIT	RAT	BONN							
TRINGA	MABOB	UFO							
YOTEAHO	PASTOR								
	OTIC	SHORE							
	RICK	KLON							
NIRCE	TOMS								
ORM	GLI	BLINKAT							
SAI	TIME	SQUARE							
ESSA	MEN	STREIP							
BOSS	PLANTS	JANK							
ANUSI	LUAR	OTOL							
GERNA	VIPE	RETS							

5	3	9	8	7	1	4	2	6	
4	8	2	5	6	3	7	1	9	
7	1	6	4	9	2	3	8	5	
8	9	5	6	4	7	1	3	2	
1	4	7	2	3	9	5	6	8	
6	2	3	1	8	5	9	4	7	
9	6	4	7	1	8	2	5	3	
3	5	1	9	2	6	8	7	4	
2	7	8	3	5	4	6	9	1	

JOB FIND

PRESENTED BY:
LEADER-POST The StarPhoenix

ARE YOU RECRUITING? JOB FIND IS YOUR SOLUTION

REGINA • MONDAY, MARCH 31, 2014
CONEXUS ARTS CENTRE

SASKATOON • WEDNESDAY, APRIL 2, 2014
PRAIRIELAND PARK

SPONSORED BY



BOOTH PACKAGE

ON SITE BOOTH SPACE FOR YOUR BUSINESS
TO INTERACT WITH ATTENDEES

WHAT YOU GET

- 10' x 10 booth
- 30 fabric backdrops, 27 fabric side rolls
- 1 - 4' x 4' altered table, 3 chairs
- 3 and a 40 line and in Job Find feature (Cancer sector) Saturday March 29th
- Continental Breakfast, Buffet Lunch
- Multi-platform event promotional campaign - print, digital, mobile
- Social Media campaign - Facebook and Twitter
- Opportunity to interact with upwards of 1,000+ people currently seeking employment
- Provide extensive access for confidential onsite meeting with prospective candidates

INVESTMENT \$866.00

JOB BOARD PACKAGE

FOR COMPANIES HIRING BUT UNABLE TO ATTEND THE
EVENT IN PERSON DUE TO STAFFING OR TIMING ISSUES

WHAT YOU GET

- Company logo and up to 25 words describing the opportunity you are recruiting for (posted within our booth on our giant Help Wanted Job Board)
- Leader Post and StarPhoenix representatives will collect and forward resumes from Job Find attendees who express interest in applying to companies listed on our Job Find Help Wanted Job Board
- Resumes collected will be sorted and forwarded to the appropriate company contact
- Allow us your organization to participate in Job Find when you can't attend in person
- Great way to have representation in front of upwards of 1,000 job seekers looking for immediate work opportunities

INVESTMENT \$266.00

RESERVE YOUR JOB FIND PACKAGE TODAY!

jobfind@leaderpost.com

306.781.5291

jobfind@thestarphoenix.com

LEADER-POST

The StarPhoenix

Butterflies in February!

Only at the Saskatchewan Science Centre!

NEW EXHIBITION

Float, climb, dance,
make friends, and
have fabulous
flying fun
at...



Amazing
Butterflies

with support from



TD Friends of the
Environment
Foundation



SASKATCHEWAN
SCIENCE CENTRE

Real science. Real fun!

Hey Kids!
Colour this butterfly and add it
to our butterfly wall!



NEW IMAX FILM

*Flight
of the
Butterflies*
in 3D



"A REAL LIFE 'INDIANA JONES' ADVENTURE"
TORONTO STAR

Experience the most incredible
migration on Earth, and one
Canadian's search to unravel
its mysteries!



Learn more! Visit SaskScienceCentre.com/butterflies